

HELENE MADISON POOL

WINTER 2004



Bitter Lake Community Center
13035 Linden Avenue North
Seattle, WA. 98133
ph: 206.684.7524
K1634



Helene Madison Pool
13401 Meridian Avenue North
Seattle, WA. 98133
ph: 206.684.4979

HELENE MADISON POOL

WINTER SCHEDULE FOR 2004

JANUARY 12TH - MARCH 27TH

Hours of Operation:

Sunday	10:30am - 6:00pm
Monday - Thursday	12:00pm - 8:30pm
Friday	12:00pm - 8:00pm
Saturday	Pool Closed

The Pool will be Closed:

Sunday, January 11	Cascade Meet
Monday, January 19	MLK Jr. Day
Wed, Thur, Fri, Feb. 4 - 6	Closed @ 2:30 pm (for High School Metro Swim Meet)
Sunday, February 8	Issaquah Meet
Sunday, February 15	W. S.YMCA Meet
Monday, February 16	President's Day
Sunday, March 28	Cascade Meet

Pool Staff

Barbara Marsh	O.O.C. Pool Coordinator
Sean Owens	Senior Lifeguard
Kethy Wang	P.P.T. Cashier
Liana Woo	Cashier
Paul Casler	Pool Operator

HELENE MADISON POOL
13401 Meridian Ave N
Seattle, WA 98133
(206) 684-4979

SWIM LESSON PROGRAM

Fall Registration begins

Tuesday, January 6 at 7:00pm
Lessons begin the week of January 12

SPECIAL POPULATIONS

If you have special needs or accommodations,
please contact the Pool Coordinator at 684-4979.

ADMISSION FEES

Recreational Swim

Under 1 year	Free
Youth 18 years & under	\$2.25
Adults	\$3.25
Seniors 65 years & up.	\$2.25
Sp. Pops	\$2.25
Recreational Program Punch Card	\$20.00

Fitness Programs

Youth 18 years & under	\$2.50
Adults	\$3.75
Seniors 65 years & up.	\$2.25
Sp. Pops	\$2.25
Recreational Program Punch Card	\$30.00

THINGS TO KNOW

- Dimensions: 15 yd x 40 yd
(Lap area is 25 yd x 15 yd)
- Water Temperature: 85 degrees F
- 72 lengths is 1 mile
- Served by Metro buses #317, and #302
- Pool lift and portable steps for non-ambulatory patrons
- Children 6 years and older must use the gender appropriate locker room
- Children under 4 feet tall must have an adult with them at all times in the water
- We accept MasterCard, Visa and American Express

HELENE MADISON POOL

HINTS FOR SWIMMING LESSONS

- Please sign children up for the correct age group lessons.
- Please do not sign children up for advanced classes unless they have passed levels 1-4.
- Please stay in the spectator area located on the eastside of the pool next to the bleachers during lessons.
- Please keep your children who are not in the program with you.
- Children who are not toilet trained must wear swimming diapers or a cloth diaper and plastic pants with tight fitting legs. No regular disposable diapers are allowed.
- Enrich children's swimming by coming to a public or family swim.
- Children who have lessons before a public swim may stay for the first 10 minutes of the swim only without paying. If they want to stay longer an admission fee will be required.
- We do not give credits or make-ups for occasional missed classes.

Session I Registration is Tuesday, January 6th at 7:00 PM

Class	Day	Time	Dates	Classes	Fee
Tots (Birth to 4 years)	Tuesday	6:30 - 7:00pm	Jan 13 – Mar 23	11	\$44.00
	Thursday	6:30 - 7:00pm	Jan 15 – Mar 25	10	\$40.00
1 on 1 lessons	Wednesday	5:30 - 6:00pm	Jan 14 – Mar 24	*	*
Kinders (4 - 5 years)	Mon & Wed	1:30 - 2:00pm	Jan 12 – Feb 11	9	\$36.00
	Monday	6:00 - 6:30pm	Jan 12 – Mar 22	9	\$36.00
	Tuesday	1:30 - 2:00pm	Jan 13 – Mar 23	11	\$44.00
	Wednesday	6:00 - 6:30pm	Jan 14 – Mar 24	10	\$40.00
	Tue & Thurs	5:30 - 6:00pm	Jan 13 – Feb 12	9	\$36.00
	Sunday	3:00 - 3:30pm	Jan 18 – Mar 21	5	\$20.00
Youth: Levels 1-4	Monday	6:30 - 7:00pm	Jan 12 – Mar 22	9	\$36.00
	Tuesday	2:00 - 2:30pm	Jan 13 – Mar 23	11	\$44.00
	Tue & Thurs	5:00 - 5:30pm	Jan 13 – Feb 12	9	\$36.00
	Tue & Thurs	6:00 - 6:30pm	Jan 13 – Feb 12	9	\$36.00
	Wednesday	6:30 - 7:00pm	Jan 14 – Mar 24	10	\$40.00
	Sunday	2:30 - 3:00pm	Jan 18 – Mar 21	5	\$20.00
	Sunday	4:30 - 5:00pm	Jan 18 – Mar 21	5	\$20.00
Advanced Youth	Monday	7:00 - 7:30pm	Jan 12 – Mar 22	9	\$36.00
Swim Team Prep	Tue & Thurs	6:00 - 6:30pm	Jan 13 – Feb 12	9	\$36.00
	Thursday	2:00 - 2:45pm	Jan 15 – Mar 25	10	\$40.00
Special Populations	Monday	5:30 - 6:00pm	Jan 12 – Mar 22	9	\$36.00
Adults	Monday	7:00 - 7:30pm	Jan 12 – Mar 22	9	\$36.00
	Wednesday	7:00 - 7:30pm	Jan 14 – Mar 24	10	\$40.00

Session II Registration is Thursday, February 12th at 7:00 PM

Kinders (4 – 5 years)	Mon & Wed	1:30 – 2:00pm	Feb 16 – Mar 24	11	\$44.00
	Tue & Thurs	5:30 – 6:00pm	Feb 17 – Mar 25	12	\$48.00
Youth: Levels 1-4	Tue & Thurs	5:00 - 5:30pm	Feb 17 – Mar 25	12	\$48.00
	Tue & Thurs	6:00 - 6:30pm	Feb 17 – Mar 25	12	\$48.00
Swim Team Prep	Tue & Thurs	6:00 - 6:30pm	Feb 17 – Mar 25	12	\$48.00

- No Lessons on January 19th
 - No Lessons on February 4-6
 - No Lessons on February 7th
 - No Lessons on February 15th
 - No Lessons on February 16th
 - No Lessons on March 28th
- MLK Jr. Day
Due to Seattle Public Metro Swim Meet
(evening lessons only)
Issaquah Swim Meet
West Seattle YMCA Meet
President's Day
Cascade Swim Meet

SWIM LESSON INFORMATION

Kinder Lessons

Water adjustment and basic skills for the child 4 to 5 years old. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Monday & Wednesday	1:30 - 2:00pm
Monday	6:00 - 6:30pm
Tuesday	1:30 - 2:00pm
Wednesday	6:00 - 6:30pm
Tuesday & Thursday	5:30 - 6:00pm
Sunday	3:00 - 3:30pm

Tot Lessons

This class helps introduce your child (6 months to 4 years) to the pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment. Basic swimming skills and water safety are taught.

Tuesday	6:30 - 7:00pm
Thursday	6:30 - 7:00pm

Adult Lessons

All levels of instruction for ages 14 and older. Lessons are structured around the needs of class participants.

Monday	7:00 - 7:30pm
Wednesday	7:00 - 7:30pm

Special Pop Lessons

These classes are for children with special needs.

Mondays	5:30 - 6:00pm
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Advanced Youth

These classes teach advanced skill and endurance through Levels 5, 6, and 7. Classes are held in deep water for children ages 6 to 13 years old.

Monday	7:00 - 7:30pm
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Beginning Youth

This lesson format provides a steady progression of classes for youth ages 6-13 that builds skills, teaches safety, and encourage fitness. They progress through four levels.

Monday	6:30 - 7:00pm
Tuesday	2:00 - 2:30pm
Wednesday	6:30 - 7:00pm
Tuesday & Thursday	5:00 - 5:30pm
Tuesday & Thursday	6:00 - 6:30pm
Sunday	2:30 - 3:00pm
Sunday	4:30 - 5:00pm

A minimum of 4 students is required for all youth swimming classes.

Swim Team Prep

Competitive swimming skills and endurance training for youth with advanced swimming skills. This class focuses on the four competitive strokes; butterfly, backstroke, breaststroke, and freestyle.

Tuesday & Thursday	6:00 - 6:30pm
Thursday	2:00 - 2:45pm

1 to 1 lessons

Private instruction is available to adults and children. Call the pool cashier for further information. The cost of 1 to 1 lessons is \$22.00 per half an hour.

Wednesdays	5:30 - 6:00pm
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Other Coordinator approved times

Private 1 on 1 swim lessons are scheduled with the cashier on a first come first served basis that includes staff and pool space availability.

HELENE MADISON POOL

DAILY SWIM SCHEDULE

Monday & Wednesday

5:00 - 6:30 Cascade Swim Club
7:45 - 12:00 Seattle Public Schools
12:00 - 2:30 Adult & Senior Swim**
12:00 - 1:00 Water Exercise
4:00 - 6:00 Cascade Swim Club
6:00 - 7:00 Lap Swim
7:30 - 8:30 Public Swim
7:30 - 8:30 Hydro-Fit Exercise Class

Sunday

10:30 - 11:30 Adult (Masters) Workout
10:30 - 11:30 Water Exercise
11:30 - 1:00 Adult & Senior Swim
1:00 - 2:30 Public Swim
3:30 - 4:30 Family Swim
5:00 - 6:00 Lap & Family Swim

Tuesday & Thursday

5:00 - 6:30 Cascade Swim Club
7:45 - 12:00 Seattle Public Schools
12:00 - 2:30 Adult & Senior Swim**
12:00 - 1:00 Hydro-fit Exercise Class
4:00 - 6:00 Cascade Swim Club
6:30 - 7:30 Adult (Masters) Workout
7:00 - 8:00 Water Exercise
7:30 - 8:30 Adult & Senior Swim

Friday

5:00 - 6:30 Cascade Swim Club
7:45 - 12:00 Seattle Public Schools
12:00 - 2:30 Adult & Senior Swim**
12:30 - 1:15 Aqua Jogging
4:00 - 6:00 Cascade Swim Team
6:00 - 7:00 Lap Swim & Family Swim
7:00 - 8:00 Public Swim

****Starting February 16th Adult & Senior Swim will go from 12:00 to 3:00pm**

FITNESS PROGRAMS

Deep Water Jogging

Deep water jogging is a non-impact exercise program designed to give the participant an aerobic workout while developing muscle tone, balance, and endurance. A special belt is used to keep the head above the water. This class uses resistance and floatation devices. The class is done to music. Drop in admission.
Friday 12:30 - 1:15pm

Adult Masters Workout

A coached workout for the experienced swimmer. Focus is on speed, strength, and endurance.
Tuesday & Thursday 6:30 - 7:30pm
Sunday 10:30 - 11:30am

Water Exercise

An exercise program in shallow water that incorporates stretching, aerobics, strengthening, and flexibility techniques. This class is done to music. No swimming is required. Drop in admission.
Sunday 10:30 - 11:30am
Monday & Wednesday 12:00 - 1:00pm
Tuesday & Thursday 7:00 - 8:00pm

Hydro-Fit

A non-impact class that incorporates strength, toning and cardiovascular exercise that is designed for buoyancy and water resistance. Equipment is used in deep water. This class is done to music. Drop in admission.
Monday & Wednesday 7:30 - 8:30pm
Tuesday & Thursday 12:00 - 1:00pm

RECREATIONAL SWIM PROGRAMS

RECREATIONAL SWIM PROGRAMS

Adult & Senior Swim

A recreational swim period for adults ages 18 and over. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises.

The shallow pool is occasionally reserved for classes during this time.

Monday - Friday	12:00 - 2:30pm**
Tuesday & Thursday	7:30 - 8:30pm
Sunday	11:30 - 1:00pm

****Starting February 16th Adult & Senior Swim will expand 12:00 to 3:00pm**

Lap Swim

A continuous lap swim in lanes designated as Slow, Medium, and Fast. Swimmers follow a posted set of lap swim guidelines. This swim is for all age lap swimmers.

Mon/Wed/Fri	6:00 - 7:00pm
Sunday	5:00 - 6:00pm

Family Swim

This swim is for the whole family. A great swim for families to play together. **Children must be accompanied in the pool by an adult.** Flotation toys are allowed in the shallow end at the lifeguard's discretion. Single adults are also welcome.

Friday	6:00 - 7:00pm
(shallow end only)	
Sunday	3:30 - 4:30pm
Sunday	5:00 - 6:00pm
(shallow end only)	

Public Swim

This is a recreational swim for all ages. Children under 3'8" tall must be accompanied by an adult in the water within arms reach at all times.

Monday & Wednesday	7:30 - 8:30pm
Friday	7:00 - 8:00pm
Sunday	1:00 - 2:30pm

POOL RENTALS

We rent the pool for all special occasions.

Have A Swimming Birthday Party!

Fees begin at \$84.50 for 1 hour of pool time up to 30 people. We also rent the lobby for \$25.00 per hour. Call the pool cashier for availability and for further information.

LIFEGUARDING PROGRAMS

Jr. Lifeguard Camp

Learn CPR, basic first aid, beginning lifeguarding skills, and assisting with swim lesson instruction. This program is for youth ages 11-14. All participants must have level 5 swimming skills or better. Participants will be required to assist instructors in swim lessons outside of class time. The cost of the camp will be \$70.00. This includes books and materials (minimum of 4 students required)

Fridays	4:30 - 7:30pm
Dates	January 23 rd to March 26 th

Mandatory attendance is required for this class

A swimming pre-test will be given on Jan. 23rd.

Lifeguarding Class

This class will be offered in the spring of 2004. Become certified in American Red Cross: Lifeguarding skills, First Aid, CPR, Oxygen Administration, and Preventative Disease Transmission. ***Attendance is required at all classes to obtain certifications.*** No exceptions! Call now to be put on the class list!

Tuesdays & Fridays	6:00 - 9:30pm
Dates	April 9 th to May 13 th
Swim pre-test on April 2 nd at 7:30pm	